Monthly Newsletter

Asfordby Hill Primary School

October 2024: Issue 13

Dear Parents / Carers,

Firstly, thank you to you all for the incredible support and commitment you have shown to us over last half term. Working together in a positive way to co-educate your children is so beneficial for the little people that are so important to us all. I am sure that you will agree, the first half term has flown by. How quickly the children and in fact, the whole community have adapted to the change in year group and what this brings, makes us, as a school, very proud! I do hope you all feel the same.

Thank you to all for your support in our recent collection of harvest donations. Thank you for your generosity in such difficult times. We were delighted to pass these to Melton's Storehouse who currently are in so much need too. They were incredibly appreciative. If you feel you would benefit from the Storehouse's support, please contact www.storehousemelton.org.uk/ 07708 610194

During our recent assemblies, the children have been learning about the work of farmers from across the world to provide the foods that we all eat. The National Farming Union provided us with interactive assemblies for a Caribbean 'cook-a-long'. The delicious smells floating from The Pantry were amazing. I hope you got the chance to try one of the pasties?

We are looking forward to meeting you all at this week's parents' evenings where the class teachers will be discussing how your child has settled into their class and how we can all support your child's growth.

Mrs Millward

WHAT'S IN THIS MONTH'S ISSUE:

- Key Dates
- What have we been up to?
- PE timetable/After school timetable
- School News
- Recommended high-quality books.
- Team Points
- Wow Awards
- Governor's Section
- Friends of Asfordby Hill
- Mental Health Information
- Community information

Key dates for your diary and Other Dates:

Friday 1st November: Holly Class Workshop in school: Printing linked to the Great Fire of London

Friday 1st November: Kathak and Bollywood dancing workshop for all classes

Friday 4th November: Year 5 trip to the Space centre.

Monday 11th November: AHS celebrate Rememberance Day.

Friday 15th November: Rail Safety Presentation

Saturday 16th November: Mallory Park (Cross Country)

Tuesday 19th November: SEND Clinic

Tuesday 26th November: Friends of Asfordby Hill Meeting

Wednesday 4th December: SEND clinic

Wednesday 4th December: Chestnut's Nativity

Friday 6th December: Non-uniform day for a tombola prize

Saturday 7th December: Christmas Fair

Tuesday 10th December: KS 2 matinee performance of Shrek Junior (tickets out closer to the time)

Wednesday 11th December: KS 2 evening performance of Shrek Junior (tickets out closer to the time)

Thursday 12th December: KS2 evening performance of Shrek Junior (tickets out closer to the time)

Week beginning Monday 12th May 2025: Year 6 SATS week

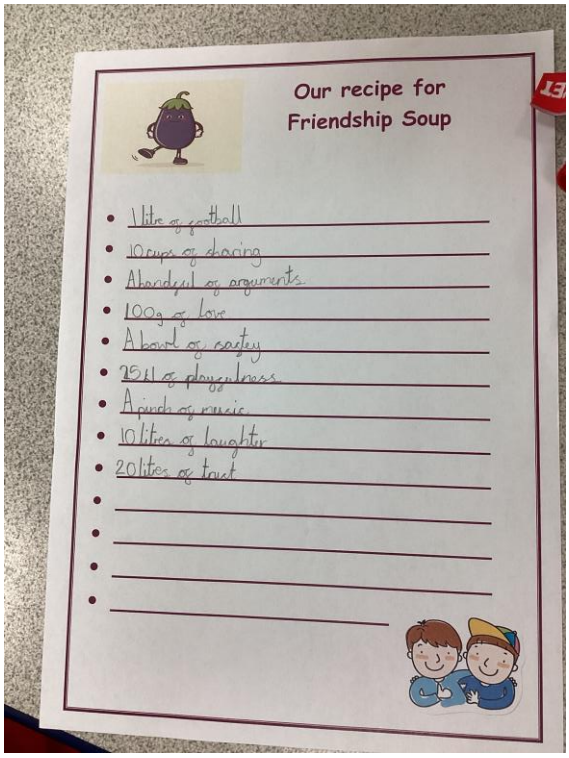
Wednesday 11th June – Friday 13th June 2025: Year 6 residential to Beaumanor Hall

What have we been up to?

This term we have been taking part in interactive assemblies by the National Farming Union about HARVEST both locally and nationally. Not only have we considered farming in Asfordby and the Caribbean but also appreciated the work all the farming communities do. Thank you.

Some of the classes recreated the recipes. They all did a fantastic job making delicious Caribbean patties and soup whilst Chestnut's made an apple crumble from fruit from their garden.

Our colleagues from Leicestershire County Council Safeguarding Team hosted workshops for years 3 to 6 based on 'what makes a good friend?'. The children created recipes and a friendship soup which will be part of a larger display of children's work from across the county in Leicester's High Cross shopping centre. They will let us know dates and location for the display as soon as they can.



Year 5 and 6 had an excellent opportunity to develop their basketball skills with Neil from the Belvoir Castle cricket and countryside trust. Good job everyone.

Two representatives from Melton in Bloom attended our celebration assembly to award us with our amazing achievement of GOLD for the Melton Mowbray Schools in Bloom Award. 🌸 The judges were impressed with how we reused, recycled and repurposed everyday objects in our Olympic gardening display. ♻️Congratulations to all of our classes who nurtured a particular Olympic ring colour. What a fantastic achievement! 🏆

Our Year 3/4 Football team had a brilliant day representing AHS at the **Melton & Belvoir School Sport and Physical Activity Network** football tournament today. We're really proud of them!

Rowan Class had a brilliant morning at **Little Springers Gymnastics** in Syston. They had the chance to try out specialist equipment with support from the gymnastics coaches. Thank you!

Our Year 5/6 girl's football team had a brilliant morning! Despite not all of our team being experienced footballers, they showed their enthusiasm, determination and sportsmanship throughout the event. Well done girls!

PE Timetable

Please remember to wear PE kit on your PE days. PE days for each class are below:

	Mon	Tues	Weds	Thurs	Friday
am1					EYFS
am 2		Rowan			Sycamore
lunch	Y	Y		Y	Y
	Holly	Sycamore	Beech	Willow	Willow
	Rowan	Beech	Oak	Oak	Holly

After school timetable:

Monday	Tuesday	Wednesday	Thursday	Friday
Minecraft Mondays Years 4, 5 and 6 3:15-4:15pm	N/A	Indoor Olympics EYFS, Y1, Y2 and Y3 3:15-4:15pm	LEGO Club All year groups 3:15-4:15pm	N/A

School News

Spaces for tours of the school for children starting school in August 2025 are booking up fast!

Please remember to be READY, RESPECTFUL and SAFE-when parking.

You might have seen over the half term break that we have had solar panels fitted on to the school roof. As a school, we are always looking at ways to support the environment. Our eco-club will be planning further ideas for the coming year.

We have just found out that Asda are having a campaign whereby you can scan your shopping (online and in -store) and select Asfordby Hill Primary School for them to donate to the school. NO COST TO YOURSELVES.

The link below gives you more information.

https://www.asda.com/cashpotforschools

Thank you for those who have already done this. We already have over £60 coming our way. Please share to get the word out there!! Thank you.

ROYAL BRITISH LEGION POPPY APPEAL

This year we are again supporting the Royal British Legion Poppy Appeal. We will be selling poppy resources to raise the much-needed funds for this worthwhile cause.

Children can buy paper poppies at school, by bringing their donation to their classroom. The poppy will be given out during the day to take home.

Selling of paper poppies and other resources will start from Wednesday 30th October until Monday 11th November.

We do have a number of other poppy themed resources that can also be purchased. Please see the attached information with details of the items which the children can buy with a suggested donation of between 50p to a £1.00.

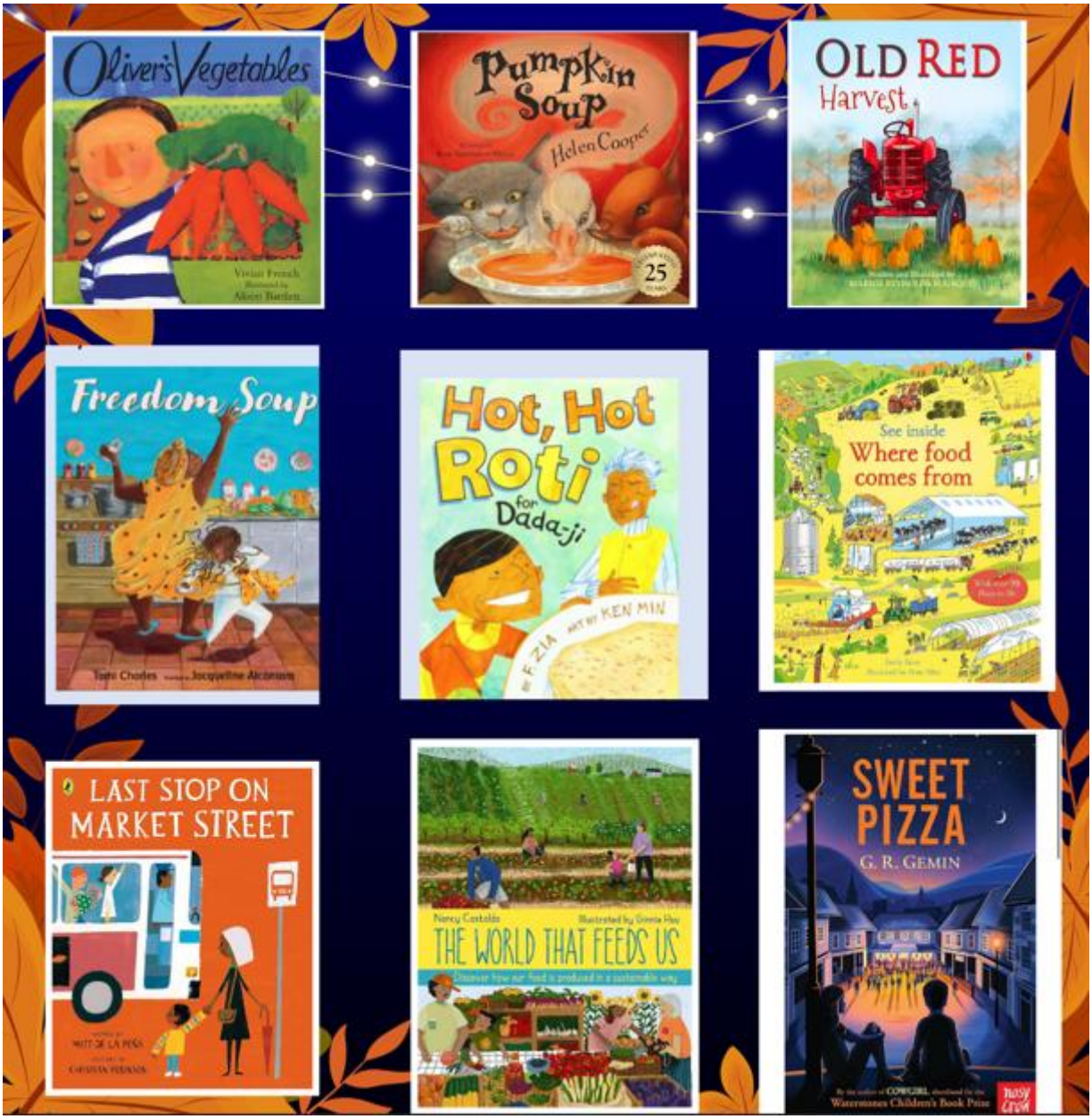
Zip Pulls
Reflectors
Silicon Bands
Snap Bands

We only have limited supplies, so once they are gone they are gone!!

Thank you for your support.
Year 6 House Captains

Recommended High Quality Books

Miss Harby, our reading lead, has selected books based on harvests from around the world. Keep reading!



Team Points

AIR

EARTH

FIRE

WATER

This month's team points results:

Week ending	AIR	EARTH	FIRE	WATER
Friday 4th October	233	218	231	**247**
Friday 11th October	130	**159**	139	125
Friday 18th October	**155**	149	131	147

Congratulations to our weekly winning teams. Each week's team winners have had an extra 10 minutes of playtime on a Wednesday- enjoy!

Wow Awards

The children have worked exceptionally hard on using their rainbow skills. It has been a delight to see how many children are using these skills throughout the curriculum but also around school. On Fridays, two children from each class are awarded a WOW certificate in our Celebration Assembly and a gold star badge to wear in class the following week.

Congratulations to you all- you deserve a WOW!

Friday 4th October

Friday 11th October

Friday 18th October

Governor's Section

Hello, my name is Tanya and I have been a co-opted governor at Asfordby Hill Primary School since March 2021. I am currently the governor for safeguarding, child protection and computer safety.

My oldest child joined the school in 2020 and from the very beginning I was amazed by the enthusiasm and dedication of the teaching staff.

I have been a member of the British Army for 21 and half years and been posted in and out of Melton Mowbray on numerous occasions. Even before having children of my own, I had always heard extremely positive reports regarding Asfordby Hill Primary and I am so very grateful that my child has had the opportunity to start her schooling journey in this wonderfully inclusive and ever evolving environment.

I have had a diverse career within the military and currently work in a training establishment. Although slightly different to the primary school environment, I do have an understanding of the demands of the teaching/training world and hope to make use of my skill set to benefit the children, teaching staff and parents.

I am proud to be a small part of this fantastic school's development and look forward to continuing to support and contribute towards the brilliant work the school does.

Friends of Asfordby Hill Primary School (PTA)

We are a group of around 12 members, consisting of both parents and teaching staff, who meet monthly to plan and organise fundraising events for Asfordby Hill School throughout the academic year. Our events include discos, summer and Christmas fairs, quiz nights, Break the Rules Day, ice pole sales, and more!

We kicked off the school year with a disco just before the half-term break, raising an impressive £656.16. The children had a fantastic time, as always!

Currently, we are busy preparing for the Christmas fair, which will take place on Saturday, December 7th, from 11am to 1pm at the school. We welcome any ideas for new games or stalls, and if you're available to help out that morning or assist with setup the day before, we would greatly appreciate it. Even an hour of your time can make a difference! Without the support of parents and extended family, we wouldn't be able to provide the fundraising and exciting activities for our children. All funds raised go directly back to the school, helping to finance school trips, costumes for performances, new playground equipment, and much more. These initiatives wouldn't be possible without your support and involvement.

Additionally, we run a weekly online lottery, giving you a chance to win while also contributing to the school. To sign up, please visit: www.yourschoollottery.co.uk/asfordbyhill.

Don't forget to like our Facebook page, **Friends of Asfordby Hill Primary School**, to stay updated on upcoming events. If you're interested in joining us to help plan future activities, please reach out via our Facebook page or contact Mrs. Newell, a teaching assistant at the school.

Thank you for your support!

Mental Health Information

Here at Asfordby Hill we champion the belief that to thrive, emotional well-being is just as important as physical health. We advocate that helping children to manage their emotions is as important as teaching them to read and write. We work with children, their families and other outside agencies by helping to support emotional wellbeing issues, so that they're able to fully engage with all aspects of their life. If you require further support with regards anxiety, sleep, managing emotions, toileting, emotional based school avoidance or grief, please see our excellent pamphlets from Dragonfly Impact Education in the school's foyer. In the newsletter each month, we will focus on a theme with additional signposting. This month is **healthy eating.**

Food, mood and learning outcomes

Lunchbox ideas and recipes – Healthier Families - NHS

The link between food, mood and learning

We know that fuelling children with the appropriate foods helps support their growth and development.

There is a growing body of research showing that what children eat not only affects their physical health but also their mood, mental health and learning.

The research suggests that eating a healthy and nutritious diet can improve mental health [1], enhance cognitive skills like concentration and memory [2,3] and improve academic performance [4].

Children should be eating plenty of nutritious, minimally processed foods from the five food groups:

- fruit
- vegetables and legumes/beans
- grains (cereal foods)
- lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- milk, yoghurt, cheese and/or their alternatives

Consuming too many nutritionally-poor foods and drinks (high in added fats, sugars and salt) such as lollies, chips and fried foods has been linked to emotional and behavioural problems in children and adolescents [5]. In fact, young people that have the unhealthiest diets are nearly 80% more likely to have depression than those with the healthiest diets [1].

Harvest Recipes:

HARVEST CARNIVAL

TAN ROSIE'S SECRET RECIPE:
Caribbean Curry Patties

These patties are a real taste of Jamaica with a lovely buttery pastry and a scrumptious beef curry filling! This recipe makes 18-20 patties.

INGREDIENTS:

FOR THE PASTRY:

- 320g plain flour
- 250g butter, cold
- 1 tsp salt
- 1 tsp turmeric
- Iced water

FOR THE CURRY FILLING:

- 500g minced beef (can be substituted for any other mince)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2" piece root ginger, grated
- 2 tsp fresh thyme leaves
- 1 scotch bonnet pepper, deseeded and minced (For a similar tasting, heatless chilli, you could substitute this for a Trinidad Pimento pepper.)
- 80g diced carrots
- 40g diced celery
- 80g diced potato
- 120ml beef or vegetable stock
- 1 tbs Worcestershire sauce
- 1 tbs Tan Rosie's Garlic & Pepper Sauce (optional)
- 1 tsp ground allspice
- 1/2 tsp ground cloves
- 1 tbs Tan Rosie Caribbean Style Curry Powder
- 1tsp sea salt
- 1/2 tsp ground black pepper
- 1 tbs olive oil
- 40g bread crumbs
- An egg for glazing

EQUIPMENT:
- Weighing scales
- Grater
- Chopping board
- Safety knife
- Measuring jug
- Large, over- safe saucepan with lid
- Wooden spoon
- Saucer
- Baking tray

HEALTH & SAFETY
Don't forget to wash your hands and tie back long hair before you prepare food.
Always ask an adult for help with heating and chopping ingredients.

METHOD:

TO MAKE THE PASTRY:

1. Measure your ingredients carefully.
2. Place the flour, salt and turmeric in a mixing bowl and mix through.
3. Grate the butter into the flour and mix through.
4. Add iced water a little at a time and bring all ingredients into a firm dough.
5. Turn the dough out onto a floured surface and knead for one minute.
6. Wrap the dough in cling film and refrigerate for 30 minutes.

HARVEST CARNIVAL

TAN ROSIE'S SECRET RECIPE:
Caribbean Curry Patties

METHOD:

TO MAKE THE FILLING:

1. Prepare your ingredients. Wash all your vegetables thoroughly and ask an adult to help you chop them up. Use the claw method to chop the onion, celery and carrot and and the bridge method for the potatoes.
2. Preheat the oven to gas mark 7.
3. Place the saucepan on a medium heat source, add the olive oil, onion, carrots, celery and pepper. Saute for 10 minutes until softened. Add garlic, ginger and thyme and continue cooking for a further 1 minute. Set aside.
4. Add the minced beef to the same pan and brown the meat, stirring occasionally, for 10 minutes.
5. Return the onion mixture to the pan with the browned minced beef. Add the curry powder, allspice, ground cloves and black pepper, stir and cook for 2 minutes.
6. Add the diced potato, beef stock, Worcestershire sauce, hot sauce and salt to taste, stir.
7. Cover with a lid and place in the oven to cook for 30 minutes.
8. Remove from the oven, add bread crumbs and stir through. Set aside to cool before use.

TO MAKE THE PATTIES:

1. Roll out the pastry to a thickness of 3mm.
2. Using a saucer, cut out circles of pastry.
3. Place a heaped dessert spoonful of filling into centre of pastry disc. Moisten edges of pastry with water and fold over to seal.
4. With the tine of a fork, crimp edges to further seal and create a pattern.
5. Prick the top of patties with a fork to allow steam to escape during the baking process.
6. Place some parchment paper on a baking tray before placing patties on tray.
7. Brush the top with an egg wash - 1 egg beaten with 1 tbs water.
8. Continue filling all pastry discs as before until all pastry is used up.
9. Bake for 30 to 35 minutes until golden brown.

HEALTH & SAFETY
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TAN ROSIE'S SECRET RECIPE:
Caribbean Carnival Soup

This is a classic soup from our family home of Carriacou, Grenada. It's eaten as a main meal in most households. Pigeon peas are a popular pulse and grow all over Grenada and Carriacou.

INGREDIENTS:

FOR THE DUMPLINGS:

- 150g plain flour
- 1/2 tsp salt
- 1/2 tsp sugar
- 20g butter
- 1/4 tsp ground black pepper
- Water to mix a firm dough

EQUIPMENT :

- Weighing scales
- Chopping board
- Safety knife
- Measuring jug
- Large saucepan
- Wooden spoon

FOR THE SOUP:

- 500g pigeon peas (soaked in cold water overnight, then cooked in a change of water for 50 minutes until just soft but not overly so they continue to cook when other ingredients are added) or 2 tins pigeons peas, already cooked. If you cannot source pigeon peas, they could be substituted for kidney beans.
- 200g smoky bacon, cubed
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 tbs olive oil
- 2 sticks celery, diced
- 2 carrots, diced
- 2 tsp fresh thyme leaves
- 1/2 tsp each of ground black pepper & ground allspice
- 1/4 tsp ground cloves
- 1 tsp sugar
- 1 scotch bonnet pepper, whole (Note: by leaving the chilli whole, the soup will have the authentic scotch bonnet taste without the heat. For a similar tasting, heatless chilli, you could substitute this for a Trinidad Pimento pepper)
- 1 tsp Tan Rosie's Garlic and Pepper sauce (optional)
- 400ml coconut milk
- 2 litres vegetable or chicken stock
- 100g potatoes, diced in 1" cubes
- 100g sweet potatoes, diced in 1" cubes
- 100g each of plantains, yams and pumpkins cubed

HEALTH & SAFETY
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METHOD:

TO MAKE THE DUMPLINGS:

1. Measure your ingredients carefully.
2. Place all the dry ingredients in a mixing bowl and rub in the butter using your thumb and forefinger.
3. Carefully, add the water, a little at a time, until it forms a firm dough.
4. Cover your dough and leave to rest while you make the soup.

TAN ROSIE'S SECRET RECIPE:
Caribbean Carnival Soup

METHOD:

TO MAKE THE SOUP:

1. Prepare your ingredients. Wash all your vegetables thoroughly and ask an adult to help you chop them up. Use the claw method to chop the onion, celery, carrot and plantains and the bridge method for the potatoes, sweet potatoes and yams.
2. With an adult's help, place a large saucepan on a medium heat, add olive oil and heat it up.
3. Add the onion and saute for 5 minutes until soft and slightly golden.
4. Add the bacon to the pan and fry for a further 5 minutes.
5. Add the minced garlic and cook for a minute, taking care not to burn it.
6. Next, add the celery, carrots, scotch bonnet pepper and thyme and stir.
7. Add the ground cloves, allspice and black pepper and stir for 2 minutes .
8. Add the coconut milk, stock, and pigeon peas and bring the mixture to the boil. Reduce the heat and simmer for 25 minutes.
9. Add the root vegetables (potatoes and yams) and cook for 5 minutes.
10. Add the sugar and hot sauce (if using) and stir through.
11. While your soup cooks, make the dumplings by forming the dough into small, marble sized balls.
12. Add the dumplings to the soup, stir and bring the mixture back to boil and continue to simmer.
13. Cook for a further 15 minutes until vegetables and dumplings are cooked.
14. Remove the scotch bonnet pepper and discard.
15. Adjust seasoning to taste.

HEALTH & SAFETY
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Apple Crumble

For the filling
5 Bramley apples

2 tsp cinnamon

100g caster sugar

For the topping
175g plain flour

140g caster sugar

180 cold unsalted butter

Hints and Tips
- This recipe serves 6 people.
- You can make the topping in a mixer or food processor if you have one.

Method
1. Peel and core the apples and cut into chunks.
2. Put the apple chunks into a saucepan with the cinnamon and sugar and a couple of spoonfuls of water.
3. Cook over a low heat until the apples have become fluffy. Stir occasionally to prevent them sticking.
4. Meanwhile, make the crumble topping. Sift the flour into a bowl and add the butter, cut into small cubes.
5. With your fingers, quickly squash each chunk of butter into a flake.
6. Rub the butter into the flour with your fingers until the mixture resembles fine breadcrumbs.
7. Stir in the sugar.
8. Spoon the apple filling into a pie dish.
9. Gently sprinkle the topping mixture onto the fruit so it is completely covered.
10. Cook in a preheated oven at 170°C, Gas Mark 3, for 30 to 40 minutes.
11. Serve with ice cream, cream or custard.

Community Information

DON'T MISS OUR BEAUTIFUL CHURCH FULL OF CHRISTMAS TREES!

MELTON CHRISTMAS TREE FESTIVAL

6th - 10th DECEMBER 2024

IN ST MARY'S CHURCH, MELTON MOWBRAY

Entrance fee £3.00.
Accompanied children FREE.

Friday, 6th December:
10am - 9pm Church Open for viewing
Last entry 8pm.

Saturday, 7th December:
10am - 4pm Church open for viewing
Last entry 3pm.
5pm Family Carol Service amongst the Christmas Trees.
All welcome to attend.

Sunday, 8th December:
10am - 5pm Church open for viewing
Last entry 4pm.
6.30pm Songs of Praise with Hathern Brass Band amongst the Christmas Trees.
All welcome to attend.

Monday, 9th December:
10am - 8pm Church open for viewing
Last entry 7pm.

Tuesday, 10th December:
10am - 4pm Church open for viewing
Last entry 3pm.

Festival closes at 4pm

For more details contact:
Email - meltonchristmastrees@gmail.com
Tel - 07950 342246

MELTON & BELVOIR SCHOOLS CROSS COUNTRY

TRAINING DATES FOR YEARS 3-9

TAKING PLACE AT LONG FIELD SPENCER ACADEMY ON:

- WEDNESDAY 11TH SEPTEMBER
- WEDNESDAY 16TH OCTOBER
- WEDNESDAY 6TH NOVEMBER
- WEDNESDAY 27TH NOVEMBER

REGISTRATION: HAMPSON CENTRE 3:45PM
TIME: 4PM - 5PM
COST: £2 PER CHILD (FREE FOR LFSA STUDENTS)

FOR BOOKING INFORMATION PLEASE EMAIL:
CMARLOW@LONGFIELDSPENCER.ORG.UK

Melton and Belvoir School Sport & Physical Activity Network

LEICESTERSHIRE & RUTLAND SCHOOLS XC CROSS COUNTRY

THE LOUGHBOROUGH Schools Foundation
Nursery | Prep | Senior | Sixth Form

ATW

MALLORY PARK

All Races at Mallory Park

Events for all school years between Year 3 and Year 13

Saturday Mornings
October 26th
November 16th
November 30th

Entries are now open

www.primarycrosscountry.org.uk

Open to all pupils
Leicestershire schools-including home schooled

Please note Mallory Park is a Dog Free Area

Emotion Regulation: Developing skills in children

WITH ELLIE & JESS FROM FAMILY HELP

Friday 6th December 2024 12:00-13:00pm

Join us in this drop-in webinar to develop skills in supporting emotional regulation in children. Learn strategies and techniques in co-regulation to help manage children's big emotions and feelings.

Join the webinar on Microsoft Teams via login details

Meeting ID: 389 485 552 060
Passcode: DFUBmu

(Please make sure to log on no more than 10 minutes before to avoid technical issues)

Family Hubs Leicestershire